

Fourth Annual 2024 Summer Senior Social Dinner Concert Series



WEDNESDAY, JUNE 19, 2024
WELCOME TO SUMMER 2024
Band: Ian and Sean Okamoto
Reservations open on June 3rd

A father-son duo hailing from Northern Wisconsin. Sean has been playing music for over 50 years, touring with bands as a singer-songwriter. His son, Ian, has been a pianist since he could reach the keys and began performing professionally at age 14. Together, the pair have been entertaining for over 7 years. Sean and Ian play a variety of music that all-ages can enjoy and sing along to, from 1940s bops to modern-day hits and everything between.



WEDNESDAY, JULY 17, 2024
MUSIC ON THE LAKE
Band: Larry's Drifters
Reservations open on July 1st
 A well-known local country band, who have racked up a following of people from all around Wisconsin and the surrounding area. Dust off your cowboy hats and boots for a rip-roaring time.



WEDNESDAY, AUGUST 9, 2023
ROCKIN' THE SUMMER NIGHT
Band: 2nd Time Around Band
Reservations open on August 1st
 Featuring music from the golden era of rock & roll. Timeless... absolutely timeless! This band has been entertaining locally for many years, with their Rockin' music and wit. You will not want to miss this finale concert!



SUBMITTED BY
LINDA HAND
 ADRC Director/
 Aging Director

Please join us on the beautiful shores of Shell Lake, WI, where we will hold three senior social

events in Washburn County. We would like to invite local non-profit agencies and business sponsors to set up informational booths. For businesses that would like to participate, but are unable to provide a cash contribution, maybe you would be willing to assist with the event and/or provide an in-kind donation. Please contact Valerie VanderBent at 715-635-4460 for more information.

This year will present a fun twist with different dining options provided by local food trucks starting at 4:30 p.m. Seating will be available inside the Community Center, under the large tent by the Pavilion, or bring your lawn chair/blanket to enjoy an outdoor picnic. Each meal

will provide at least 1/3 of the daily amounts of nutrients needed to promote good health. A meal token will be available for adults age 60 and above. Those eligible to receive a meal token will be provided with an opportunity to contribute toward the cost of the meal. No one (aged 60 or older) will be denied a meal regardless of their ability to contribute. The suggested contribution for the meal is \$6.00 - \$8.00 for those age 60 and over. Pre-registration is required for the meal and the yearly congregate meal registration form will need to be completed for each person dining. Reservations can be made by calling Cassi at 715-635-4460. If you cannot attend, please cancel your reservations so those on the waiting list can enjoy a meal. Following the meal, a FREE live music concert, open to the public, will be provided at the Shell Lake Pavilion from 5:30-7:30 p.m., with a dance floor installed at the front of the pavilion. Bring your dancing shoes and be ready to boogie!

VOLUNTEERS NEEDED

Please contact our office at 715-635-4460 to register to help at one or all of the events. Vol-

unteers are needed for set-up/tear down, food prep, serving food plates inside and outside, and registration. We invite organizations to provide informational booths/tents representing local non-profit agencies and businesses that support the local elder and disabled residents of Washburn County.

ACCEPTING CONTRIBUTIONS:

Due to the rising cost of products and services, contributions will go towards deferring the costs associated with food, paper products, bands, tent and building rental fees. We can accept in-kind farm fresh, grocery, and FoodSafe restaurant prepared food, disposable serving plates, cups, napkins, and plastic silverware that meet the standards required as per the state. Please call Valerie VanderBent, Nutrition Director with any questions. 715-635-4460.

FREE rides will be available for Washburn County residents age 60+ and their caregivers. Call Washburn County Transit at 715-635-4465 for a reservation. Our Mobility Manager, Amber Anderson will assist you.

The Senior Farmers Market Nutrition Program is returning to Washburn County!



PHOTO SUBMITTED

The Senior Farmers Market Nutrition Program allows low income seniors to apply for \$45.00 in vouchers which can be used to purchase fresh fruits, vegetables, and herbs from participating Farmers Markets and Roadside Stands throughout the State of Wisconsin. Voucher distribution will begin on June 1.

Eligible applicants must be age 60 or older (age 55 or older if Native

American), be a resident of Washburn County, and have an income at/below 185% of the Federal Poverty Level (FPL). Applicants are not required to provide proof of income.

For more information about the Senior Farmers Market Nutrition Program and to learn about our upcoming distribution events, please contact Cassi Feiertag at 715-635-4460.

Retirement Planning Roth IRA

A Roth IRA allows you to contribute after-tax dollars. While there are no current-year tax benefits, your contributions and potential earnings can grow tax-free, and you can withdraw them tax-free and penalty free after age 59½ and once the account has been open for five years. Limitations and restrictions may apply.

CALL OR VISIT TODAY!

715-635-3136

www.davidpford.net

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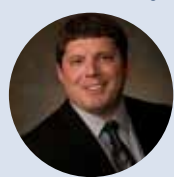
Not insured by FDIC or any government agency | Not bank guaranteed
Not bank deposits or obligations | May lose value



David P. Ford
CERTIFIED FINANCIAL PLANNER™



Lynn Ford
Certified Retirement Planning Counselor™



Tom Sutton
LPL Financial Advisor



YOUR *neighbor* IN HEALTH

When you need high-quality healthcare, stay close to home with Spooner Health. Our dedicated team provides a variety of services, meaning you don't need to travel far to take care of your health. Instead, just like a trusted neighbor, we're here to help when you need us.



TRUST SPOONER HEALTH FOR:

- Outpatient Care
- Surgeries, Wounds & Veins
- Specialty Services
- Continual Care (from hospital to home)

To learn more about healthcare services from Spooner Health, visit spoonerhealth.com.

SENIOR NEWS

SSA Scam Alert: Don't Hand Off Cash to "Agents"

The Social Security Administration (SSA) Office of the Inspector General (OIG) has issued this alert in response to increased reports of impersonation scams involving in-person cash hand-offs.

SSA OIG is receiving alarming reports that criminals are impersonating SSA OIG agents and are requesting that their targets meet them in person to hand off cash. SSA OIG agents will never pick up money at your door or in any type of exchange. This is a SCAM!

NEVER exchange money or funds of any kind with any individual stating that they are an SSA OIG agent. This new scam trend introduces an element of physical danger to scams that never existed before. This recent method of handing



FILE PHOTO

cash directly to a phony agent is a dangerous twist on a known scam tactic that pressures individuals to pay in a specific way by using cash or gift cards. SSA OIG and official government agencies do NOT conduct business in this manner.

"This is the latest example of how scammers are constantly evolving their tactics to intimi-

date or pressure people into making hasty decisions that usually involve stealing their target's hard-earned money," said Inspector General

Gail S. Ennis. "While our agents are out in the field, they will not ask you for money. I urge you not to respond to these kinds of requests."

WHAT TO DO IF YOU HAVE BEEN SCAMMED

Stop talking to the scammer. Notify financial institutions and safeguard accounts. Call the police and file a police report. File a complaint with the FBI Internet Crime Complaint Center. Report Social Security-related scams to SSA OIG. Report other scams to the Federal Trade Commission. Keep financial transaction information and records of all communications with the scammer.

ACL.gov

Advancing independence, integration, and inclusion throughout life



715-635-4460 and 833-728-3400
304 2nd Street, PO Box 316,
Shell Lake, WI 54871

HOURS: 8:00 a.m. - 4:30 p.m. M-F
www.co.washburn.wi.us
<https://adrcwashburncounty.org/>

Linda Hand, ADRC/Aging Director
715-635-4460

ADRC of Washburn County Staff Contacts as of May 2024

This is a list of our staff by position, with contact information. If they are unavailable to answer your call, please make sure to include a detailed message, which includes your full name, phone, and description of the information and services that you are seeking. If a staff member's message states they are out of the office, you can still call our main number to see if another staff member can assist you at 715-635-4460.

Anna Brown
Information & Assistance Specialist (I&A)
715-635-4460

Nichole Caudill
Information & Assistance Specialist (I&A)
715-635-4460

Our I&A staff provide support to all adults regarding the needs of persons with disabilities, older adults and their caregivers, and they explore what programs or services meet those needs. They take the time to get to know your situation, and collaborate with you and your support network on next steps.

Kelly Weisenbeck
Elder Benefit Specialist (EBS)
715-635-4478

The EBS helps people ages 60+ navigate both

private and public benefits, including Medicaid, Social Security, Medicare, prescription plans, Food Share and many other options to help seniors.

Theodore Hampe
Disability Benefit Specialist (DBS)
715-635-4466

A DBS assists people age 17 1/2 - 59 who have a disability. They can help with questions and applications related to Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid, Food Share and other public and private benefits for adults with disabilities.

Patryce Garcia
Dementia Care Specialist (DCS)/Caregiver Support Coordinator
715-635-4477

DCS provide information and support to adults with dementia and their caregivers. The role of Caregiver Support Coordinator assists residents throughout the county who act as caregivers for elderly, disabled, and grandparents raising children in many capacities.

Valerie VanderBent
Nutrition Director
715-635-4467

The Nutrition Director oversees the Washburn County Elder Nutrition Program, which provides congregate Meals and Home Delivered Meals through our sites.

Washburn County Nutrition Site Mangers
Kristi Shoop (Birchwood) • Laura Gomez (Minong) • Char Jaeger (Shell Lake)
Mary Lawson (Spooner)
Jennifer Ganske (Spooner Cook)

Amber Anderson
Mobility Manager
715-635-4465

Washburn County Transit provides medical, nutritional, and social rides for residents age 60+ and adults with disabilities.

Washburn County Transit Drivers
Kerry Moore • Dean Martin

POSITION OPEN FOR RECRUITMENT
Fiscal Assistant
715-635-4463

Cassi Feiertag
Administrative Assistant
715-635-4460

Aging & Disability Services Committee
Jocelyn Ford • David Wilson • Kasey King
George Cusick • Joe Hoy

ADRC Governing Board
Bob Olsgard - Chair
Cathy Peterson • Danielle Larson
Colleen Cook • Char Snarski • Kathy Fabert
Mark Van Etten • Mike Linton • Mike Schroeder
Anthony Vabalaitis

OPEN POSITIONS AT THE ADRC:

FISCAL ASSISTANT • TRANSPORT DRIVER/BACK UP DISPATCHER • ADRC SUB-COOK

TO APPLY: 715-468-4624, FAX 715-468-4628, EMAIL adminper@co.washburn.wi.us, or download application from the county website: www.co.washburn.wi.us

CAREGIVER CONNECTION EVENT

Are you **looking for a caregiver?**
OR are you **someone looking to provide care services** such as housekeeping, respite, personal care, etc?

Connecting caregivers and people looking for care

May 22nd
5:00 PM
Spoooner 50+ Wellness Center
850 W Beaverbrook Ave
Spoooner WI

All are encouraged to bring a recent background check. If you do not have one complete, information on how to attain one will be available



The Aging and Disability Resource Center does not sponsor or endorse ANY provider or caregiver

*Get on a waiting list **NOW** for your housing needs **LATER***

Washburn County Housing Authority
is accepting applications for their rental properties.
1 & 2 bedroom units

Schricker Manor & Goslin Court (Spoooner)
West Side Manor (Shell Lake) • Birch Haven Manor (Birchwood)

Call for details: 715-635-2321

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

EAT WELL, AGE WELL. APRIL - PARSNIPS AND PARSLEY



Photo Courtesy of Pixabay.com

Did you Know...

Parsnips are carrot's sweeter cousin and can be used to weeten cakes and jams.

Parsley can be used in a variety of dishes as an ingredient or garnish.

Parsnips are high in fiber, as well as a good source of potassium, calcium, iron, Vitamin C, and folate. While parsnips look like an albino carrot, they are different. Parsnips are very sweet, making them a healthy addition to desserts and sweeter dishes. They grow in cooler temperatures making fresh parsnips available in the spring and fall; they can even be left in the ground over the winter and picked in early spring.

- **STORAGE:** Store wrapped in a towel or perforated bag to keep dry.

- **PREPARATION:** Wash and peel before cooking. Tasty when roasted, mashed, put into soups, and even in desserts.

Parsley is a hardy herb that is high in several vitamins. It is rich in phytonutrients, or plant compounds, that have anti-inflammatory and immune-boosting properties. There are 2 varieties of parsley: Italian flat leaf is good for cooking and curly leaf is good for garnishing.

- **STORAGE:** Stores well in the refrigerator in a plastic bag for a week or longer upright with stems in a few inches of water. Like many herbs parsley can be kept as a potted plant inside for continuous fresh parsley.

- **PREPARATION:** Can be chopped and added to stocks, soups, and braised dishes or added as a garnish on top of pasta and roasted vegetables.

WASHBURN COUNTY MEMORY CAFE

WASHBURN COUNTY MEMORY CAFE

WHEN:
The Second **Tuesday** of every month

TIME:
2 PM - 3 PM

WHERE:
Spoooner 50+ Wellness Center
850 W Beaverbrook Ave.
Spoooner WI 54801

MEMORY CAFES are social gatherings where people living with memory changes and their caregivers can come together in a safe and supportave environment, share conversation over a cup of coffee, or participate in fun, simple activities with the group.



CONTACT:
Patryce Garcia
Dementia Care Specialist
Caregiver Support Cordinator
pgarcia@co.washburn.wi.us

715.635.4477

INDIGO NEWS

Back to the Outdoors

SUBMITTED BY **DON POSH**

IndiGO Your Allies for Independence

Following the strangest winter we've ever experienced, we're coming out of our human hibernation. As we venture outside we must be on alert for ticks. Ticks also end up inside if not from latching onto us, from our pets. We treat our dogs and cats for ticks and often the ticks will move from our pets to us.



PHOTO SUBMITTED

Don Posh

Mice can bring them into our homes as well.

'Tis the season for ticks. Those tiny little parasites can cause a lot of big problems. I read a story "A Slow Slipping

Away" of the Lyme Disease adventure with well-known Rhodes Scholar, Military Officer, Helicopter Pilot, Grammy Winner, Actor Kris Kristofferson. The story describes the misdiagnosis of Fibromyalgia and Alzheimer's. He also experienced Heart Arrhythmias which are also connected with Lyme Disease. Even with access to some of the highest paid physicians and specialists the Lyme Disease slipped through the cracks.

LET'S TAKE A LOOK AT SYMPTOMS LISTED FROM THE MAYO CLINIC.

Stage 1 symptoms include:

- Fever
- Headache.

- Extreme tiredness.
- Joint stiffness.
- Muscle aches and pains.
- Swollen lymph nodes.

Without treatment, Lyme disease can get worse. The symptoms often show up within 3 to 10 weeks after a tick bite. Stage 2 is often more serious and widespread. It is called early disseminated disease.

Stage 2 may include the stage 1 symptoms and the following:

- Many rashes on other parts of the body.
- Neck pain or stiffness.
- Muscle weakness on one or both sides of the face.
- Immune-system activity in heart tissue that causes irregular heartbeats.
- Pain that starts from the back and hips and spreads to the legs.
- Pain, numbness or weakness in the hands or feet.
- Painful swelling in tissues of the eye or eyelid.
- Immune-system activity in eye nerves that causes pain or vision loss.

In the third stage, you may have symptoms from the earlier stages and other symptoms. This stage is called late disseminated disease. In the United States, the most common condition of this stage is arthritis in large joints, particularly the knees. Pain, swelling or stiffness may last for a long time. Or the symptoms may come and go. Stage 3 symptoms usually begin 2 to 12 months after a tick bite.

COMPLICATIONS

Some people with Lyme disease report symptoms that continue after treatment. These

longer-lasting symptoms may include:

- Arthritis that begins with Lyme disease and doesn't improve.
- Body aches and pains.
- Constant or frequent tiredness.
- Memory complaints.

Please be aware of symptoms you may be experiencing. If you are being treated for symptoms, but not tested for Lyme disease it may lead to taking medications that will not improve your health along with the side effects of those medications. The story of Kris Kristofferson being diagnosed with Alzheimer's and Fibromyalgia is an example of the lack of understanding and testing for Lyme Disease. A memory problem can be diagnosed as Dementia without further investigation. You are your best patient advocate!

Be well we're all in this together!

For more information on independent living contact: indiGO serving Douglas, Bayfield, Iron, Price, Sawyer, Washburn, and Burnett Counties including Tribal communities of Red Cliff, Bad River, La Courte Oreilles

and St Croix. Main office: 800-924-1220 V/TTY

Our non-profit agency, indiGO, aims to empower individuals living with disabilities and we are available to assist ALL ages and disabilities. We are not a vendor and do not sell any products, but we are here as a resource.



LONG TERM CARE NEWS

FOR IMMEDIATE RELEASE

VOLUNTEER OMBUDSMAN PROGRAM CELEBRATES 30TH ANNIVERSARY OF BEING A VOICE FOR LONG TERM CARE CONSUMERS

The Volunteer Ombudsman Program (VOP), a statewide advocacy service dedicated to protecting the interests of residents of long term care facilities, is celebrating its 30th anniversary in 2024. The VOP is a program of WI's Board on Aging and Long Term Care and works closely with State and Regional Ombudsmen to promote the rights of individuals aged 60 years and older, living in nursing homes and assisted living communities. The VOP began in 1994 as a pilot project in four counties and has grown to operate in 36 of Wisconsin's counties.

Volunteer Ombudsmen promote and protect the rights of older adults by making un-

announced weekly visits to a long term care facility to observe conditions, interact with residents, and advocate for their rights. Volunteers observe general living conditions, listen to concerns from residents, and empower residents and their families to communicate concerns or complaints to the facility's administration with the goal of resolving resident issues. "Our volunteers form bonds and connections with residents and become trusted supports. They become a voice for people who may have lost theirs," said Andie Grassl, Volunteer Ombudsman Coordinator for Northeast WI.

"I've been a Volunteer Ombudsman for 9 years, and am so grateful for the weekly opportunity it provides me to help make a difference in the lives of those living in long term care facilities," said Erin Arndt, whose visits serve a valuable role in promoting quality care for the elderly.

Each volunteer is given training, guidance, and support to allow them to be as impactful

as possible during their experience. Volunteer Ombudsmen are thoroughly screened and must pass a background check. Education regarding confidentiality, resident rights, and ethics is provided to each volunteer, along with ongoing topic specific monthly training opportunities. For more information about joining this respected volunteer program, or to apply to become a valued volunteer in a local community, visit <https://longtermcare.wi.gov/>, e-mail boaltc@wisconsin.gov or call 1-800-815-0015.

STATE OF WISCONSIN
BOARD ON AGING AND LONG TERM CARE
1402 Pankrantz Street, Suite 111
Madison, WI 53704-4001
Ombudsman Program (800) 815-0015
Medigap Helpline (800) 242-1060
Part D Helpline (855) 677-2783
Fax (608) 246-7001
<http://longtermcare.wi.gov>

| MAY | | LUNCH & HOME DELIVERED MEALS MENU | | | | |
|---|--|---|--|--|---|----------------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | BRUNCH FOR LUNCH Spinach & Cheddar Egg Bake Diced Potatoes Sausage Links WG Bread Fresh Apple V8 Vegetable Juice | Classic Chili Fresh Garden Salad Cornbread Peach Crisp | Egg Salad with Lettuce on a Croissant Apple-Cranberry Coleslaw Carrot Sticks Crisp Grapes | 1 2 3 |
| Chicken Enchilada w/Black Bean, Tomato & Corn Salsa Refried Beans WG Bread Mandarin Oranges MINONG DINING AT 5 | Loaded Chef Salad w/Ham, Egg, Cheese, Veggies, Dressing WG Bread Cottage Cheese Fruited Jell-O | Roasted Turkey Breast Mashed Potatoes & Gravy Buttered Peas Cranberry Wild Rice Bread Peaches | Porcupine Meatballs Stewed Tomatoes Asparagus WG Breadstick Pears Walnut Fudge Brownies | Seasoned Baked Chicken Breast Baked Sweet Potatoes Brussel Sprouts Cornbread Muffin Apricots | | 6 7 8 9 10 |
| Chicken Alfredo w/Mushrooms Steamed Broccoli WG Breadstick, Pears Sour Cream Cranberry Bars SHELL LAKE DINING AT 5 | Sloppy Joe's WG Bun Baked Beans Creamy Coleslaw Carrot Sticks Crisp Grapes | BIRCHWOOD SALAD BAR Mediterranean Salmon, Mushroom Wild Rice, Buttered Green Beans Steamed Carrots WG Bread, Cherry Cobbler | Roasted Pork Loin with an Apple Glaze Parsley Buttered Reds Roasted Cauliflower WG Bread Fresh Clementine | Beef Tips & Gravy Mashed Potatoes Roasted California Vegetable Medley WG Bread Apple Crisp | | 13 14 15 16 17 |
| KITCHEN TAKEOVER California Chicken Sandwich with Lettuce, Tomato & Onion Sweet Potato Wedges Pineapple | Hearty Italian Lasagna Walnut Caesar Salad Three Bean Salad WG Garlic Breadstick Honeydew | SPOONER & MINONG SALAD BAR Braised Chicken Parsley Red Potatoes Glazed Carrots WG Bread, Straw- berry Shortcake | Salisbury Steak Mashed Potatoes and Gravy Green Beans WG Bread Peaches Cook's Choice Cookie | Creamy Chicken & Mixed Vegetable Medley Buttermilk Biscuit Stewed Tomatoes Fresh Apple | | 20 21 22 23 24 |
| MEMORIAL DAY HOLIDAY OBSERVANCE No Meals Served or Delivered | Brat on a WG Bun with Sauerkraut Baked Beans Chocolate Pudding with Strawberries BIRCHWOOD DINING AT 5 | Chicken & Vegetable Stir Fry over Brown Rice Egg Roll Mandarin Orange Fluff | SOUP & SANDWICH DAY Tomato & Basil Soup Turkey & Swiss with Lettuce, Tomato & Cranberry Mayo on WG Bread Crisp Grapes | Baked Cod w/ Lemon Dill Sauce Baked Potato & Sour Cream Buttered Peas WG Bread Cantaloupe | | 27 28 29 30 31 |

• ALL MEALS SERVED WITH 1% MILK

• MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO FOOD AVAILABILITY

FOR RESERVATIONS CALL:

Spooner Wellness Center: 715-635-8283 • Shell Lake Senior Center: 715-468-4750

Birchwood Senior Center: 715-354-3001 • Minong Senior Center: 715-645-0418

EVERYONE IS WELCOME: Those eligible to participate on a contribution basis include anyone age sixty and older. Suggested contribution is \$6.00 - \$8.00 per meal. Individuals under the age of sixty are welcome, but must pay the full meal cost of \$15.00 to participate.



Suggested donation is \$8.00 - \$10.00
Cost: \$15.00 for anyone under 60 years old.

PLEASE MAKE RESERVATIONS

24 HOURS IN ADVANCE

Shell Lake: 715-468-4750

Spooner (ADRC Office): 715-635-4460

Minong: 715-466-4448 • Birchwood: 715-354-3001

MINONG MENU

MONDAY, MAY 6

BBQ Pulled Pork topped with
Cranberry Coleslaw on a Whole Grain Bun
Loaded Baked Beans
Tater Tots
Chocolate Delight Dessert

SHELL LAKE MENU

MONDAY, MAY 13

Chicken and Vegetable Stir Fry
over Brown Rice
Egg Roll
Fresh Pineapple
Char's Choice Dessert

SPOONER MENU

MONDAY, MAY 20

Top Chef Kitchen Takeover

*Watch the ADRC Facebook Page &
Wellness Center 50+ for more
information and full menu.*

*Due to high demand, reservations for this
event in Spooner WILL NOT be taken
until May 1, 2024.

Please call 715-635-4460

BIRCHWOOD MENU

TUESDAY, MAY 28

Bacon Wrapped Stuffed
Chicken Breast
Cheesy Potatoes
Carrots with Dried Cherries
Salad Bar
Fresh Baked Bread
Kristi's Choice Dessert

Make a Difference
VOLUNTEER!

VOLUNTEERS NEEDED!

- Would you like to do something meaningful to give back to the community?
- Do you like helping people in need?
- Would you like to make people smile?

Make a difference! Become a Home Delivered Meals Volunteer Today!

YOU GIVE US:

- One day per week (approximately 3 hrs.)
- Compassion for people in need
- You own transportation

WE GIVE YOU:

- A hot, nutritious lunch
- Equipment needed to keep food safe

- Mileage reimbursement
- A bunch of new friends and the best feeling of fulfillment

If interested in volunteering for meal delivery, please contact Valerie at the Aging and Disability Resource Center at 715-635-4467

SENIOR CENTER NEWS

JUNE WILLIS, PRESIDENT FRIENDSHIP COMMONS

Shell Lake Senior Center

Welcome to May! We will be purchasing our flowers this month to plant at our Center. So looking forward to having beautiful colors in our planters!

The Washburn County ADRC hosted an Open House at our Center on Friday April 12th from 11:00 to 2:00. We had several members there to answer any questions about our activities. We were pleased to have so many come to see our beautiful Center and for letting us highlight some fun things that we do.

Our talented artists painted some beautiful spring flowers in April and are looking forward to creating something beautiful in May. Please join us on the first Monday of the month at 1:00 and take home your own masterpiece!

We are coming along on our quilt, Gnomes for the Seasons. Our new quilter, Liz is doing a wonderful job! So thankful to have her, but we would certainly welcome any others that wish to be part of the "Stitch and Chat" group.

We are planning to attend another concert sponsored by the Shell Lake Arts Center and held at the Erika Quam Memorial Theater on May 18th. The group is called Eva Generosa, an acapella group who sing all kinds of music, both classical and contemporary. After we will all have lunch together in downtown Shell Lake.

Call (715-468-7491) for information about activities and (715-468-4750) to order eat-in meals at the Shell Lake Senior Center. Please make sure you order the day prior.

To order Meals on Wheels delivery in Washburn County, call Valerie VanderBent, Nutrition Director at (715-635-4460).

SHELL LAKE SENIOR CENTER FRIENDSHIP COMMONS

210 4th Avenue, Shell Lake | 715.468.4750

NUTRITION SITE MANAGER: CHAR JAEGER

CO-PRESIDENTS: LINDA ROGERS | 952.288.9961 & JUNE WILLIS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|-------------------------------|
| | | 1 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00 | 2 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30 | 3 Congregate Dining 11:30 |
| 6 Tai Chi 10-11 am Congregate Dining 11:30 Painting 1:00 | 7 Cribbage 9:30-11:30 Congregate Dining 11:30 | 8 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00 | 9 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30 | 10 Congregate Dining 11:30 |
| 13 Tai Chi 10-11 am Congregate Dining 11:30 Dining at 5:00 | 14 Cribbage 9:30-11:30 Congregate Dining 11:30 | 15 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00 | 16 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30 | 17 Congregate Dining 11:30 |
| 20 Tai Chi 10-11 am Congregate Dining 11:30 | 21 Cribbage 9:30-11:30 Congregate Dining 11:30 | 22 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00 | 23 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30 | 24 Congregate Dining 11:30 |
| 27 Holiday Observance Center Closed - No Meals Served or Delivered Membership Meeting 12:30 | 28 Cribbage 9:30-11:30 Congregate Dining 11:30 | 29 Wii Bowling & Games 9:00 Quilting 9:00 Congregate Dining 11:30 Smear & Games 1:00 | 30 Games 9:00 Congregate Dining 11:30 Cribbage 12:30-2:30 | 31 Congregate Dining 11:30 |

CAROL ADDINGTON

Birchwood Senior Center

So "Hi" Y'all and What's New? Please do not blame me for what Mother Nature whacked



PHOTO SUBMITTED
Carol Addington

us with as April moved forward. I am having enough trouble dealing with it myself. I have to admit the snow was welcome and I could feel the smiles of all the farmers. As I drive into Rice Lake some of them have tilled their soil recently and it looks really happy. Mother Nature has been apologizing and trying to 'fix' it a bit. It was okay until that wind decided

to rearrange some of the property lines. If you weren't holding onto something outside you could have taken an unplanned trip. So hope by now you are back on land and your eyes are viewing that candy we all enjoy when grass and flowers return.

* Sometimes not saying anything is the best answer. You see, silence can never be misquot-

BIRCHWOOD SENIOR CENTER LAKESIDE CENTER

110 Euclid Avenue, Birchwood | 715.354.3001

NUTRITION SITE MANAGER: KRISTI SHOOP

ed....

* There is a fine line between a numerator and a denominator. (Only a fraction of people will find this funny).

* So back to remembering the 60s. Really a historic change in a lot of things...Style of dress changed a lot for women...who wore 'pants'...can you imagine how 'new' that was??? Some really snug and some flared at the shoe. And shorts...in public. (I had a pair of pink velvet which I loved!) Hair was long for guys and gals....and the 'beehive'. Guys did not try to do that one. TV: Westerns, so big in the 50s were replaced by SciFi...Star Trek..Voyage to the Bottom of the Sea...Go Go Girls...Lost in Space...etc. Now pay attention to this: In 1967, the 1st Super Bowl was held. Now I know some of you know who won that... Well of course...it was the Packers! They beat Kansas City before a crowd of 62,000. Can you imagine that??? An interesting fact many of you may not re-

member... It was the AFL and NFL at that time and was not called the Super Bowl until several years later when divided into more teams and each 'division' had a winner to compete. That is probably enough for remembering. I am sure you all have your own memories of those days gone by.

* If I've learned anything in my 80+ years on earth is that it IS okay to lie about your age!

* So..again...that's all folks. Lord willing I will return next month. Take a minute to call a friend...smile at a stranger...and go DO that thing you keep saying you will do!

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SENIOR CENTER NEWS

POLLY LEINWANDER MASC PRESIDENT

Hello from the MASC

Willkommen! The theme for the March Dining @ 5 was centered around Germany. In January the seniors were given 3 options (China, Germany, Mexico) to vote on. The winning county would be the chosen cuisine for a future Dining @ 5. We all enjoyed the Taste of Germany menu of German cucumber tomato salad followed by beef schnitzel with gravy, roasted red cabbage, German potato salad and the delicious dessert of black forest cake served with whipping cream and cherries.

A back drop picturing a village of old buildings and prompts including hats, beer steins, an accordion etc. were an added feature in the decorations and made a great background for having your picture taken. This gave a virtual feeling of being in Germany. People had a great time having their pictures taken utilizing the prompts and back drop. Another great Dining @ 5 evening. Stay tuned as you never know when we will experience the next cuisine trip around the world!

Patryce Garcia, Dementia Care Specialist/ Caregiver Support Coordinator from the ADRC was present. She had a booth set up with informational pamphlets and answered questions.

The evening ended with a game of Bingo.

Thank You to the ADRC Nutrition Program, Our 5 Star Chef, Laura Gomez, her staff and the volunteers that made this another memorable evening.

MINONG AREA SENIOR CENTER

700 Houston Street, Minong | 715.466.4448

NUTRITION SITE MANAGER: LAURA GOMEZ - 715.466.4448

PRESIDENT: POLLY LEINWANDER

Dining @ 5 is a monthly event that everyone looks forward to. Please remember that reservations are required. There are two ways to sign up - come to the center and add your name to the list, or call 715-466-4448 between 7:00am-2:00pm, Monday thru Friday. Reservations need to be made by the Friday before the event. If you need to cancel, please call the center, as there are people on a waiting list.

Activities in March included: the monthly Potluck & Bingo (2nd Saturday monthly, potluck at noon & Bingo at 1:00pm) Everyone who attended had a great time.

National plant a Flower Day. Laura provided containers, herb seeds & black dirt. Those who attended planted their herbs and now wait to enjoy the taste of their fresh herbs.

March 14th was the St. Patrick's Day lunch.

March 28th was Easter lunch & games that all enjoyed. Prizes provided by the ADRC.

We have numerous activities at the center and if there is an activity you would like to share or participate in, please let Lynne know. (715-919-0120)

Looking forward to seeing you at the center. Be Safe.

DATES TO REMEMBER:

May 6th: Dining @ 5. Register by Friday, May 3rd.

May 11th: Potluck at noon and Bingo at 1:00.

Congregate Meals Monday-Friday, 11:30.

Need to register 1 day in advance

Call 715-466-4448 to register.

Monday: Mexican Train Dominoes: 12:00 to 3:00pm

Tuesday: Farkle: 12:00 (1st, 3rd & 5th Tuesdays of the month)

Cards: 12:00 (2nd & 4th Tuesdays of the month)

WII Bowling: 12:00 every Tuesday

Wednesday:

Pocket of Prayer Group. 7:00am

MASC Board Meeting: 1:30

(2nd Wednesday of the month)

Foot Care: (3rd Wednesday of the month)

Call 715-466-4299 to schedule time.

Thursday: Cribbage has ended the last Thursday in April, until the fall.

Friday: *A Moment in Time* Discussion Group 8:30am (open to all seniors & guests)

*As of the submission date in early April of this Focus article, there is no update on the Bridge beginning in May.

SPoonER MEMORIAL LIBRARY NEWS

SPoonER MEMORIAL LIBRARY RECEIVED A LIBRARIES TRANSFORMING COMMUNITIES: ACCESSIBLE SMALL AND RURAL COMMUNITIES GRANT.

The grant is an American Library Association (ALA) initiative that provides community engagement and accessibility resources to small and rural libraries to help them better serve people with disabilities. The competitive grant comes with a \$10,000 award that will help the library purchase and install an outdoor book drop, increase holdings on the Bookmobile, and host a One Book, One Community read.

The outdoor book drop has been delivered and will be installed by the City of Spooner soon. The book drop will be located in the alleyway by the South side of the library and will be emptied daily. For reference, the book drop is black with white wording.

Additional books for the bookmobile will be purchased in April and added to the collection once they are cataloged. The bookmobile remains on a bi-weekly schedule visiting town halls across Washburn County. There is a ramp as well as stairs with a guard rail for easy access to the bookmobile. Patrons can request items from outside of the bookmobile to be brought to a particular town hall by visiting the library's catalog at spoonerlibrary.northernwaters.org

or by calling the library at 715-635-2792. If patrons have questions about the bookmobile or would like to see the bookmobile schedule, they can reach out to Outreach Librarian, Katy Larson at outreach@spoonerlibrary.org or by giving the library a call.

Funds from this grant will also support a One Book, One Community event, centered around the book, "Disability Visibility: First-Person Stories from the Twenty-First Century," which is edited by Alice Wong but written by authors with real life experience. The books will be free to check-out or pick-up beginning in May 2024. The most important portion of the One Book, One Community program will be the community conversation to be held in June 2024. Library staff will partner with residents with disabilities and organizations that serve those individuals as part of the community conversation. The hope is that the conversation will be completely led by individuals from the disability community, giving them a chance to share their stories and advocate locally for better accessibility, knowledge, and empathy. It's very important that this event follows the mantra, "Nothing about us, without us." If individuals or organizations would like to be a part of the community conversation, please reach out to Library Director, [Angie Bodzislav](mailto:director@spoonerlibrary.org) at director@spoonerlibrary.org or by calling the library at 715-635-2792.



PHOTO SUBMITTED

SENIOR CENTER NEWS

VERDELL PETTEY

WASHBURN COUNTY WELLNESS CENTER

50+ NEWS

Verdellpettey@gmail.com

Do you like mysteries and secrets? I like to pretend I'm Angela Lansbury investigating the mystery top chefs at our Dining @ 5 on March 18. I uncovered Danny & Sonny from Tracks Bar and Family Dining. They prepared an entree of beef stir fry and ended with lemon meringue pie. The TLC Bar served Four Leaf Clover mocktails. I joined 2 couples at a table and uncovered a retired 1st grade teacher, a pharmacist, a special ed paraprofessional, and a Navy/DNR/State Patrol guy (3 careers). I loved being a high school secretary and owning a business with my husband. I also uncovered a comedian, Tim Harmston. I heard some people laugh so hard, they "snorted." He reminded us that our bodies are like temples; legs are like pillars. BUT there may be some cracks in the foundation. He shared secrets of coping with life's problems: You-Tube for the "do-it-yourselfers" repairs and remodels; instruction manuals; spouses. Backing the 9' Scamp trailer into a campground site took forever until he asked his wife to help! Leveled, hooked up, scenic view, perfect. A large motorhome with 4 slide outs parked next to them and they spent the weekend looking at its tires! So many of us could relate. Thank you to all who made this evening GREAT.

Did you know there are secrets in the forest? Hunt Hill's presentation "Beasts & Beer Forest Fungal Secrets" on April 3 was attended by 66 people at the center. A nice social hour with snacks and Italian Sodas preceded the program. My favorite was mushrooms.

"Dining with Darrell" continued this month as he and Kathy Olson dined at the Birchwood Senior Center. Darrell said it was a fine meal of roast beef and mashed potatoes. Birchwood seniors have even dined with them at our center. This is how friendships grow. Be sure to call ahead to sign up for dinner.

Bob Wanek's partner at cards was a student of his high school chemistry class. He said Brenda Zaloudek was one of the best students.

SPOONER SENIOR CENTER

WASHBURN COUNTY WELLNESS CENTER 50+

850 W. Beaverbrook Ave., Spooner | 715.635.8283

NUTRITION SITE MANAGER: MARY LAWSON

CO-CHAIRMEN: CARYL LIGLER | 715-635-8215 and LYNN BEARD | 715.520.3569

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| | | 1 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 | 2 Mah Jongg 9:00 Games with Pat 10:00 Dining 12:00 CARDS: Hand and Foot 1:00 | 3 Dining 12:00 FIRST FRIDAY FLICKS MOVIE 1:00 |
| 6 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00 | 7 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00 | 8 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 | 9 Mah Jongg 9:00 Games with Pat 10:00 Dining 12:00 Cards; Hand and Foot 1:00 | 10 Dining 12:00 |
| 13 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00 | 14 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00 | 15 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 | 16 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00 | 17 Savvy Seniors Book Club 10:30 Dining 12:00 |
| 20 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 Tai-Chi 1:00 Dining 12:00 Cards; Cribbage, Mexican Train 1:00 | 21 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00 | 22 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 | 23 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00 | 24 Dining 12:00 |
| 27 Holiday Observed - No meals Served or Delivered Cribbage, Mexican Train | 28 Tai-Chi 10:30 Dining 12:00 Mah Jongg 1:00 | 29 Chair Dancing 9:30 Dining 12:00 CARDS: 500 & Bridge 1:00 | 30 Mah Jongg 9:00 Games with Pat 10:00 Congregate Dining 12:00 CARDS; Hand and Foot 1:00 | 31 Dining 12:00 |

Brenda enjoyed the compliment and then helped him win the 500 game! Phil Ringlien shared another weather insight for us too. He noted "aching joints - bad weather moving in!" Phil was right with the chill and windy days we had. Don't forget- Memory Cafe is held on the second Tuesday of each month 2-3pm. It's a nice social gathering for people living with

memory changes and for their caregivers. Our featured movie on the first Friday in April was "The Hill." It was free and all you had to do was show up at 1PM with your own snack and beverage. Enjoy those May flowers brought to us by those April snow showers. Call me by the 1st Friday of each month if you have some news to share. Verdell Pettey 507-696-8263.

CHICOG NEWS

JOANN MALEK AND CATHY PEDERSON CHICOG NEWS

My Chicog News partner is leaving Wisconsin and moving back to the Twin Cities. Thanks for inviting me to write with you, Cathy, for your ideas and for your editing help. Thanks for your diligence in keeping Chicog residents up to date with Washburn County events and opportunities. We'll miss your funky sense of humor. Come back and visit.

In 1775 the Second US Continental Congress ordered formation of a postal service to connect the colonies. Benjamin Franklin was named Postmaster General. He set the foundation for today's postal services. By the mid-nineteenth century post offices were established in every state, some using grocery stores, barber shops,

even private homes. Home mail delivery didn't begin until 1863, and only in larger cities.

Wisconsin was one of the first states to try Rural Free Delivery. In 1895 Congress appropriated money for experimental rural mail delivery service in Wisconsin, Iowa, Michigan, Illinois and West Virginia. In 1896 Sun Prairie in Dane County was the first Wisconsin post office to initiate RFD. Each of four mail carriers drove twenty to thirty miles a day, covered an area of sixty square miles, and earned \$25/month. They traveled over dirt roads in horse-drawn wagons. Local businessmen objected to the rural delivery, fearing loss of business when farmers didn't need to come to town to collect their mail. It took only one month for rural folk to appreciate the benefits of home delivery, declaring that they would be even willing to pay for the service. By 1899 RFD was operating successfully in

every state and territory of the country.

Sue Lindenfesler began delivering mail in 1993. She took over the Chicog route in 2000 and delivered our mail for nineteen years. "I went through quite a few cars," she told me. Many drivers had their cars refitted for a right-side drive. Sue would sit on a cushion between her front seats and was comfortable with left-side driving. Her route each day was approximately 120 miles. Her work weeks alternated from Monday-Saturday one week to five days the next.

In her first years, Sue's days began at 6:30-7am at the Trego post office. She would hand sort the mail, load her car, and be on the road between 8:30 & 9:30. Her days ended when all

CHICOG NEWS

CHICOG NEWS

FROM PAGE 13

mail in her car was delivered, anywhere from 4:30-6pm. Could she stop early? Only on a snowy day when driving after dark was not safe. "That didn't happen often." I asked if she could skip a road on her route if she didn't have any mail to deliver there, but no, there might be mail in a box to be taken to the post office.

Delivery Point Sequence streamlined the work for mail carriers, as computers sorted mail, leaving only a handful of letters for mail carriers to sort. The advent of cell phones also made a big difference for carriers. Sue tells about her one major accident, in the early years. When her car skidded on ice and flipped, she had to walk to a nearby farm to call for help.

How much mail was Sue handling each day? Between ten and twenty bundles of letters and magazines, plus the packages. Bundles were 12-15 inches tall. She would wrap them tightly with woven belts. She included markers to remind her of mail being held, and of packages.

When she had a package for me Sue would drive from my mailbox down the driveway to my garage and toot her horn. I would hurry outside, but if I didn't respond she would carry the package around the house and leave it near my front door. Home package deliveries added a lot of extra time to her

route.

"We looked forward to holidays but I don't miss the next day." Post offices processed mail every day of the year, including holidays, so there was twice the mail to handle the day after a holiday. "I do miss the people." Many of us miss Sue, too. Happily, Sue's son Ryan has passed the rigorous Civil Service testing and is now delivering our mail.

IMPORTANT MAY DATES

- Wednesday 5/8, 6pm, monthly Chicog meeting
- Wednesdays 5/8&22, Namekagon Transit service
- Friday, 5/17, 5-7, Aquatic Invasive Species Workshop, Washburn County Service Center, Shell Lake
- Wednesday, 5/22, 10:30-12, Books&Bread, Beaverbrook
- Thursday 5/23, 11-3, Chicog Walkabout, town hall
(For summer, walkabouts will be held once a month)
- Thursday 5/23, 11-1, Bibliodragon, town hall
- Weekend 5/25-26, 9-3, Craft&Vender Show, town hall
- Monday 5/27 Memorial Day Ceremony, Chicog Cemetery
- Chicog Angels (On Our Shoulders) are willing to help seniors and individuals with disabilities. Tasks. Rides. Deliveries. Friendly visits. Call Neighbor to Neighbor at 715-635-2252 to learn more.

Thank you for reading the Chicog News.



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SENIOR NEWS

DIRT THERAPY

SUBMITTED BY **CASSI FEIERTAG**
Administrative Assistant

I'll always be grateful that my mom started my gardening hobby when I was young. We would go to the local greenhouses together and pick out the prettiest houseplants and flowers. We would then go home and plant them in our flower gardens or our favorite pots. My mom would help me dig the holes so they weren't too shallow or too deep. I was always amazed at the different things we would dig up. I think worms and pretty rocks were my favorites. I always felt so special after we got done planting and I got to pat the dirt down.

When I bought a home of my own, I couldn't wait to start digging and planting. I have to admit I was slightly disappointed that the existing garden at my new home was a little on the small side and was planted entirely with orange day lilies. I craved the variety that my mom had in her flower gardens. I spent an afternoon with my grandfather digging all of those lilies



PHOTO SUBMITTED

Cassi Feiertag

out and my dad helped me make my garden space just a "little" bigger. Through the years my garden has grown from a small patch, to my dream come true. My mom and I still go to the local nurseries together looking for something new and beautiful to add to our garden. I truly cherish this time we get together.

I find great joy in my flower gardens and have found it is the perfect place for me to gather my thoughts. Dirt therapy is so good for the soul. The smell of freshly dug dirt and planted flowers is so calming and pulling weeds is an excellent way to release built up stress. Being outside in the sunshine listening to the buzzing bees and the chirping birds is the absolute best. Gardens are a lot of work, but there is no way to describe the joy I feel when they are all cleaned up and looking beautiful. I don't get as excited about worms as I did when I was a kid and finding a stray spider or June bug definitely doesn't excite me, but there is no better therapy than spending an afternoon playing in the dirt. I also have a small "jungle" inside of my home and in my office here at the ADRC. My houseplants provide me with a way to practice dirt therapy during the long winter months. I truly enjoy propagating and then sharing these "new" plants with friends

Whether you prefer to garden outside or have a love of houseplants, I hope that you get the opportunity this summer to get your hands dirty. Dirt therapy is truly the best therapy.

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